

Triple Berry Buckle

Makes: 100 Servings

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Ingredients	Weight	Measure
Strawberries, fresh or frozen	8 lbs 12 oz	
Blueberries, fresh or frozen	5 lbs 13 oz	
Black or Red raspberries, fresh or frozen	3 lb	
Sugar, white, granulated		1 qt ½ cup
All-purpose flour		¼ cup 1 Tbsp 1 ¼ tsp
Cornstarch	1 oz	
Lime juice		¾ cup 2 Tbsp

Whole wheat biscuits, baked	6 lb 12 oz	30 each (approx)
Sugar, white, granulated	1 lb 8 oz	3 cups
Sugar, brown	1 lb 8 oz	3 cups
Lowfat buttermilk		2 qt ½ cup

Directions

1. Cut strawberries in half or quarters based on size, so to match size of blueberries and raspberries.
2. Combine strawberries, blueberries, and raspberries.
3. Add sugar and toss lightly.
4. Add flour and toss lightly.
5. Stir cornstarch into lime juice until dissolved. Add lime juice to berries and toss until well mixed.
6. Divide berry mixture evenly into two steam table pans, 12"x20"x2 1/2", and one half pan.
7. Crumble biscuits by hand into bite-size pieces.
8. Add sugars and mix with crumbled biscuits.
9. Add buttermilk ½ cup at a time and mix until biscuits are moist but not wet.
10. Divide mixture evenly among pans.
11. Cover with foil, bake until filling is bubbly: Convection:

325 F for 40 minutes

12. Cut full pans into 40 portions per pan and half pan into 20 portions; or portion with No 8 scoop.

Source: Iowa Gold Star Cycle Menus, Team Nutrition Iowa